

# Child and Adult Care Food Program



Ages:

Birth through 5 months

6 through 11 months

## Breakfast

Breast Milk or Formula	4-6 fluid ounces	6-8 fluid ounces; and
Fruit or Vegetable or combination		0-2 Tbsp.; and
Grain or Meat/Meat Alternate or combination		0-4 Tbsp. infant cereal, 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces yogurt or a combination

## Lunch/Supper

Breast Milk or Formula	4-6 fluid ounces	6-8 fluid ounces; and
Fruit or Vegetable or combination		0-2 Tbsp.; and
Grain or Meat/Meat Alternate or combination		0-4 Tbsp. infant cereal, 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces yogurt or a combination

## Snack

Breast Milk or Formula	4-6 fluid ounces	2-4 fluid ounces; and
Fruit or Vegetable or combination		0-2 Tbsp.; and
Grain		0-1/2 slice bread; or 0-4 Tbsp. infant cereal or ready-to-eat cereal; or 0-2 crackers